



## Editorial

This issue of the European Journal of Integrative Medicine opens with a systematic review of one of the most prevalent indications of integrative medicine. Acknowledging the important role of conventional and complementary medicine in pain medicine, Prof. Benno Rehberg examined both areas and their therapeutic effectiveness. The findings highlight the fact that therapies used in treating pain largely fail to be derived from evidence-based methodology and underline the need for multidisciplinary approach including possible therapeutic placebo effects ('therabo'). Clinically, this review is highly relevant considering the potential for relief of distressing symptoms in the scope of pain medicine.

Dr. Elio Rossi et al. reported on their observations regarding homeopathic treatment in pediatric patients, in particular those with respiratory disease. Using data from 10 years of clinical practice, the socio-demographic characteristics of the pediatric population treated were observed. Homeopathic treatment was seen to evoke a positive therapeutic response in the children treated. The authors also referred to the important finding that the type of disease and follow-up duration were important factors in determining how successful the homeopathic treatment was.

Dr. Undine Lang and her coworkers investigated the effect an animal assisted therapy can have on the stress and anxiety levels in patients with acute schizophrenia. The promising results showed that interaction with dogs was associated with positive effects on patients' anxiety which were of clinically relevant dimensions. An interesting approach of integrative medicine.

Dr. Jonas Busch and coworkers evaluated the diagnosis and treatment guidelines employed in urology in an innovative way, specifically focusing on the acceptance and use of urological guidelines in Germany and internationally. The authors analyzed the effects the implementation of guidelines could have on improving the quality of patient care.

The positive effects of antioxidants on cardiovascular disease have been increasingly recognised. Drs. Upaganlawar and Balaraman further examined the specific activities of vitamin E and green tea. Myocardial infarction was experimentally induced in rats that subsequently received treatments with vitamin E and/or green tea preparations. The beneficial effects included an improvement of blood pressure following myocardial infarction, stabilisation of electrolyte levels and correction of abnormal ECG findings. With cardiovascular diseases being a leading cause of death worldwide the positive findings suggest the need to explore best possible integrative therapies to treat such conditions.

Finally, Dr. Vishal Mali et al. evaluated the cardioprotective activity of *Lagenaria siceraria*, a fruit already known to have beneficial effects including weight loss. Isoprenaline-induced myocardial infarctions in rats were treated with orally administered fruit powder. Improvements in marker enzyme levels suggest the presence of cardioprotective activity and the fruit powder was also shown to reduce isoprenaline-induced tachycardia and prevent a decrease in systolic blood pressure.

The 3rd European Congress for Integrative Medicine will take place on December 3 to 4, 2010 in Berlin. We look forward to further developing this congress into the leading platform for presenting scientific studies and discussing clinical concepts of comprehensive patient care and we look forward to seeing you again in Berlin.

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